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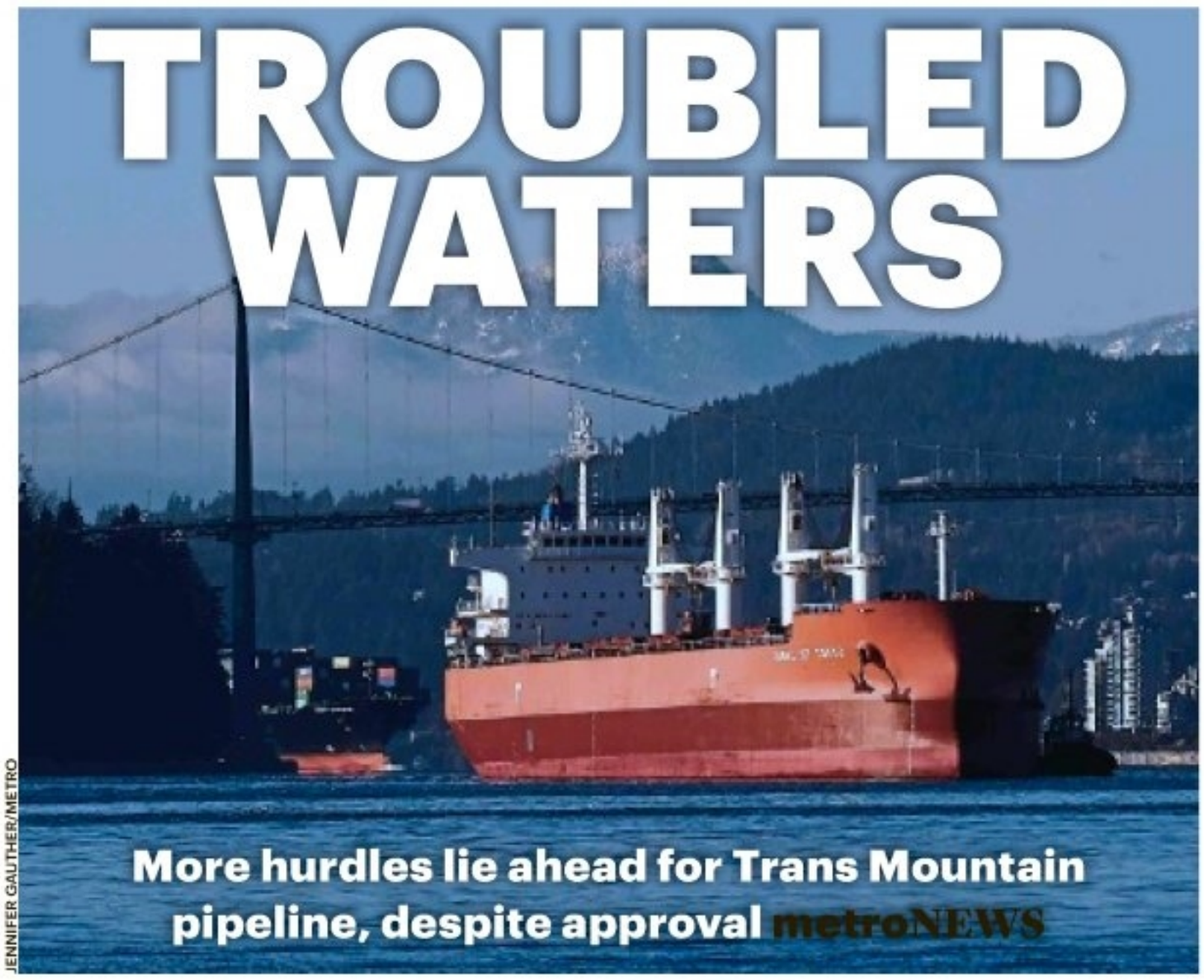

JENNIFER GAUTHER/METRO

More hurdles lie ahead for Trans Mountain pipeline, despite approval metroNEWS

Cashing in, checking out

STUDY

40% of Gen-X homeowners plan to sell and move

Jen St. Denis
Metro | Vancouver

A high percentage of professional Vancouverites in mid-life — the "management class" — are thinking of cashing in on their houses and moving away from the city, according to a December report commissioned by Resonance Consultancy.

The 60-page report, called The Future of BC Housing, was released Dec. 16, but the company is now drawing attention to this aspect of the data, which could have a big impact on Metro Vancouver's economy, said Tom Gierasimczuk, vice president of the "place branding" and marketing firm.

The poll, conducted by Insights West, found that 40 per cent of Vancouver homeowners in Generation X (35 to 54) were planning to sell their home and move to a more affordable city. Of Millennials (18 to 34), 35 per cent planned to make the same move, compared to 28 per cent of boomers.

"That's a massive outflow of potential leaders," said Gierasimczuk. "It's going to have big implications for Vancouver already dealing with not enough talent and not enough of a competitive large headquarter set compared to Calgary, compared to Toronto."

The survey also shows that B.C.'s recently introduced tax on foreign buyers in Metro Vancouver, and the falling home prices that have followed, are causing angst among homeowners, Gierasimczuk said.

"It's a combination of the (real estate) bubble, it's a combination of foreign investment, that foreign investment that was fuelling the bubble now being torn out from people who have been planning their retirement around their nest egg," he said.

The Insights West poll surveyed 1,714 British Columbians between Oct. 13 and Oct. 31. It has a margin or error of plus or minus 2.4 percentage points.

The high cost of British Columbia's homeownership benefits metroNEWS

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metro NEWS

Your essential daily news

Westwood: Obama's goodbye and Trump's media hello couldn't have been more different. **World**

Homeowners helped at great cost

REAL ESTATE

Government spending may push up prices, encourage debt

Jen St. Denis
Metro | Vancouver

If programs remain the same, B.C. government spending to assist homeowners could jump to approximately $1.2 billion in 2017, compared to the $960 million the government spent on homeowner assistance in 2016 and $1 billion spent on social housing operations, rent assistance and capital projects.

But that focus on assisting homeowners in B.C.'s inflated real-estate market could push prices higher and encourage some to take on more debt, critics have charged.

"Any time you add benefits to the act of owning a home, it makes demand for homes greater," said Tom Davidoff, a professor of economics at the University of British Columbia.

Home prices in the Metro Vancouver market are currently dropping following B.C.'s introduction of a 15 per cent tax on foreign buyers, but are still far out of reach of local income levels.

Since February 2016, the provincial government has announced a series of tax credits and other programs intended to help homeowners.

On the social-housing side, in 2015/2016 the provincial government's portion of BC Housing's budget totalled $428 million. In February 2016, the government announced $355 million of new spending on building social housing over five years, with $75 million to be spent this year. Later in the year the government made a second announcement of $500 million to be spent this year constructing more projects.

The focus on homeowners does nothing to help renters, who are also struggling with record-high increases in housing costs, said Marc Lee, an economist with the Canadian Centre for Policy Alternatives.

He has proposed taking the money currently devoted to the homeowner grant and creating a credit based on income level, similar to the Canada Child Benefit, which he said would benefit both homeowners and renters, from low-income to middle-class.

Davidoff suggested that a tax credit to non-homeowners, or cutting sales tax by a small amount for markets with high housing costs, would be more effective.

But with a provincial election coming up, help for beleaguered potential homeowners is always a good sell, noted the economists.

"It looks to me like they're just trying to stimulate the (real-estate) market, at least in the short term," Lee said.

The Ministry of Finance supplied figures and background information for this story.

A row of houses on Gore Street at Union Street in Strathcona on Thursday. JENNIFER GAUTHIER/METRO

PROGRAMS

Homeowner assistance programs in B.C. include:

- An existing property transfer tax (PTT) exemption for first-time homebuyers for properties worth up to $475,000, at a cost of $83.6 million in 2016
- Starting in Feb. 2016, a PTT exemption for new homes worth up to $750,000, at a cost of $67.8 million a year in 2016
- Increased home price value threshold in order to qualify for a homeowner grant at a cost of $821 million in 2017, up from $809 million in 2016
- A new government loan program to assist first-time homeowners cover the down payment of a home, at a cost of $703 million over three years, or $234 million per year

What lies ahead for Kinder Morgan pipeline

BUSINESS

Road isn't yet clear for $7B Trans Mountain Expansion

David P. Ball
Metro | Vancouver

Texas energy giant Kinder Morgan no doubt breathed a sigh of relief this week.

That's because on Wednesday, the B.C. government gave it the OK for its $7-billion pipeline expansion, toppling yet another obstacle to it ramping up the flow of diluted bitumen to the West Coast.

For the company, that was the "culmination of many years of work to demonstrate to British Columbians that our project meets both the regulatory requirements and the B.C. Government's Conditions to move forward," said president Ian Anderson.

But does that actually mean Kinder Morgan has a clear road ahead this year? Not so fast, some observers suggest.

Looming on the near horizon is a provincial election in May, in which the New Democrats and Greens have staked their campaigns to the Kinder Morgan opposition.

Georgia Strait Alliance executive director Christianne Wilhelmson told Metro their key push during the election will be to put the question to voters about what they value.

Southern resident orcas, which are threatened with extinction and only live in the Salish Sea, will feature prominently in the Alliance's electioneering, Wilhelmson hinted.

A tanker sits in Vancouver harbour on Thursday. JENNIFER GAUTHIER/METRO

> Actual constitutional rights are the most important rights you can have in law in Canada.
> Vancouver lawyer Bruce McIvor, with First People's Law Corporation

Another group, Dogwood Initiative, is planning on door-knocking, phoning and emailing its 260,000 B.C. supporters as aggressively as any political party this May.

"Frankly, people are not very excited yet about this election, but I think (Kinder Morgan) will be a big motivating issue now Christy Clark has come down squarely in favour of the project," communications director Kai Nagata said.

Dogwood has a backup plan. It's preparing to kick-start a Citizens' Initiative to force anti-pipeline legislation into the Legislature, which requires one-tenth of voters' signatures.

But likely the greatest key hurdle comes from First Nations opposed to the project. Kinder Morgan has benefit agreements with some along its route, but others are unwavering. Vancouver lawyer Bruce McIvor, with First People's Law Corporation, said court challenges rooted in the Charter of Rights and Freedoms' are most likely to succeed.

"Actual constitutional rights are the most important rights you can have in law in Canada," he explained.

But unlike Enbridge, whose approval was overturned by a court, Trans Mountain saw greater consultation efforts, McIvor said.

"It's going to be a real challenge for them … because a duty-to-consult (case) is difficult to win if there's a record of consultation," McIvor cautioned. "The argument will be about whether that consultation was adequate enough."

That presumes, however, that Kinder Morgan's board of directors itself wants to keep spending on the project amidst collapsed oil prices.

"Kinder Morgan is like the dog that caught the car," Nagata quipped, "and now they don't know what to do with it.

He cited recent moves by the firm to find a joint venture partner for the $7-billion expansion, a company to share in its costs — but also its profits.

OBITUARY

Indigenous leader Manuel passes away at the age of 65

Arthur Manuel, a long-time outspoken indigenous leader in British Columbia, has died at age 65.

The former chief of Neskonlith First Nation near Merritt, and former elected head of the Shuswap Nation Tribal Council, founded the Indigenous Network on Economies and Trade and was one of the leading critics of Canada's policies towards First Nations.

His father, Grand Chief George Manuel — co-founder and former president of the National Indian Brotherhood, which became the Assembly of First Nations — is considered one of the most influential indigenous leaders in B.C.'s history.

Manuel died on Wednesday, but Metro could not immediately confirm what caused his death.

"Arthur Manuel was, without question, one of Canada's strongest and most outspoken indigenous leaders in the defense of our indigenous land and human rights," the Union of B.C. Indian Chiefs said in a statement Thursday. "We are so profoundly grateful for Arthur's many sacrifices and contributions to our ongoing struggles to seek a full measure of justice for our indigenous peoples."

Most recently, the veteran leader in the Secwepemc nation joined the Standing Rock Sioux encampment in the U.S., which faced police rubber bullets and water cannons before halting the Dakota Access Pipeline. Last year, he co-authored the book Unsettling Canada: A National Wake Up Call. DAVID P. BALL/METRO

Arthur Manuel, left, joined the Standing Rock Sioux encampment against the Dakota Access Pipeline in 2016 with his daughter Kanahus Manuel, right. CONTRIBUTED/FACEBOOK

MONARCHY

Cost of Royal visit likely to be $3.8M

British Columbia and Yukon spent more than $1 million on the royal tour last fall of the Duke and Duchess of Cambridge and their two young children.

The Canadian government has yet to announce its final bill. But the RCMP has said it spent $2 million and the federal government's budget estimate is $855,600, bringing the likely overall cost of the visit to more than $3.8 million.

While some taxpayers might cringe at the price tag, royal tours benefit Canadians in a number of ways, said royal historian Carolyn Harris.

"The Duke and Duchess of Cambridge raised the profile of Canadian charities and environmental initiatives over the course of their tour," she said. "Royal tours of Canada receive global coverage and encourage travellers from around the world to visit."

> Royal tours of Canada receive global coverage and encourage travellers from around the world to visit.
> Royal historian Carolyn Harris

Prince William and Kate drew frenzied crowds when they visited Victoria, Vancouver, Kelowna, Bella Bella, Haida Gwaii, Whitehorse and Carcross between Sept. 24 and Oct. 1. B.C. announced Thursday it spent $613,363 on the trip, while Yukon said it shelled out $429,000.

Tour stops in B.C. included a charity for pregnant mothers struggling with substance abuse in Vancouver's Downtown Eastside and the world-renowned Great Bear Rainforest.

Costs to the province included $41,798 for accommodation of the royals, their household and staff, plus $27,589 for transportation. B.C. also spent $196,129 on security, $28,815 on travel for provincial government officials and staff and $46,134 on media operations and services.

A reception at Government House in Victoria on Sept. 26, when the royal couple met notable British Columbians including First Nations, philanthropists and veterans, cost the province $20,854.

THE CANADIAN PRESS

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Warming centres spark concerns over safety

COMMUNITY CENTRES

Pivot defends the right of the homeless to take shelter

Wanyee Li
Metro | Vancouver

Vancouver's NPA park board commissioners called a special Park Board meeting Thursday night to discuss the safety concerns of using community centres as warming centres during cold weather, but some critics are crying foul over the move.

The City of Vancouver have kept up to four community centres open overnight as warming centres for people living on the streets during this winter's cold snap. A child reportedly picked up a used hypodermic needle Monday at Creekside Community Centre. That warming centre location was closed Monday night.

NPA park board commissioner Sarah Kirby-Yung says the incident has made some families feel uncomfortable. "When patrons are sounding the alarm (saying) I don't feel safe going to my local community centre anymore, that's not okay."

But Pivot Legal Society argues homeless people are, in fact, also patrons at community centres, which are open to the public. Needles can be found in different parts of the city regardless of whether community centres are used as warming centres, the society suggested.

"The Board is perpetuating the stereotype that spaces cannot be safe if they are utilized by homeless people," it said in a tweet. "They are doing all Vancouverites a great disservice in engaging in this rhetoric."

The City of Vancouver is now only using one community centre as a warming centre (Britannia) and operating three others out of the former Quality Inn near Granville Street, Carnegie Community Hall, and Evelyn Saller Centre.

A mixture of city staff and volunteers are running those warming centres, according to a City of Vancouver spokesperson.

But Kirby-Yung wants the board to discuss the safety concerns surrounding using community centres as warming centres — something it didn't have a chance to do in December when the City decided to act during the first cold snap.

She called the decision to open Britannia and Creekside community centres overnight a "knee-jerk reaction."

That decision was later expanded to include West End and Sunset community centres before those closed earlier this month.

Creekside is one of several community centres that the park board opened as **warming centres** during this unusually cold winter.
WANYEE LI/METRO

> **The board is perpetuating the stereotype that spaces cannot be safe if they are utilized by homeless people.** Pivot Legal Society tweet

CRIME

Man turns himself in after $1M in illicit drugs seized

An investigation by several police agencies and the Canada Border Services Agency has resulted in drug-trafficking charges following the seizure of about $1 million in illicit substances.

New Westminster police say multiple RCMP detachments and border officials began investigating in March 2016.

Police say officers seized cash, several hundred kilograms of marijuana and a large quantity of other illicit drugs in the city southeast of Vancouver.

Ron Markowitz turned himself in on Wednesday after being charged last week with several drug-trafficking offences.

THE CANADIAN PRESS

Men from B.C. found dead in truck in Edmonton

Edmonton police say two men from British Columbia have been identified as victims of a drug-related homicide in the city.

The bodies of Navdeep Sidhu, 24, and Harman Mangat, 22, were found in a vehicle in southeast Edmonton on Wednesday.

Autopsies concluded both men died from multiple gunshot wounds. Police say it was not a random act and the killings are connected with drug activity in the Lower Mainland of B.C.

THE CANADIAN PRESS

Are you ready for snow and ice?

- Prepare your shovels and de-icer in advance of winter weather.
- When it snows, move your car to a side street or garage so City crews can plow main streets more effectively.
- Avoid unnecessary driving in snow and ice. Check transit schedules at **translink.ca** for commuting alternatives.
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Howie Mandel

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Splashdown Park opened in Tsawwassen more than 30 years ago. SPLASHDOWN/FACEBOOK

Splashdown born again as Big Splash

SUMMER FUN

Refurbished slides, gelato and espresso bar set for June

Wanyee Li
Metro | Vancouver

Waterpark enthusiasts in the Lower Mainland can rest easy because last summer's goodbye to Splashdown Park was not a goodbye forever.

The Tsawwassen water park will open June 2017 as Big Splash Water Slide Park, run by Executive Hotels and Resorts. The company signed a 99-year lease with the landowners and are renovating the seven-acre park for the upcoming summer.

It was exciting news for Splashdown's general manager, who is now the manager of Big Splash.

"It was definitely a surprise for me. Because I thought I was done; I was ready to move on to the next adventure," said Harold Frederiks.

"I've been steering the splashdown ship for over 16 years and now we're on an exciting new course."

The 33-year-old park is getting a facelift that includes refurbished waterslides, another hot tub, an espresso and gelato bar and a sports bar.

Those changes will be ready for opening day, but an expansion is in the works for 2018, and Executive Hotels and Resorts plans to build a hotel in 2019, according to Frederiks.

> **It will make this a top attraction again.**
> Harold Frederiks

There are also plans to create a "Shop 'n' Slide" program with the Twassan Mills mall next door.

It's a big change from what it used to look like, said Frederiks, who recalled the days when there was only a paintball field and go-kart track in the area.

"It's pretty exciting with the new development that's going on and for Executive Hotels and Resorts to really step up; it will make this a top attraction again."

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Emily Carr work updated with graffiti

INDIGENOUS STORIES

Exhibit makes wry commentary with sci-fi twist

Cara McKenna
For Metro

In 1912, famed West Coast artist Emily Carr painted a picture of the entrance to the home village of Sonny Assu's grandmother.

The focus of the painting, titled Graveyard Entrance, was a carved wooden gate leading into a cemetery with lush greenery behind it.

Now, the same view of the Campbell River territory is not nearly as picturesque: there's a Walmart in view.

So Assu decided to make his own mark on Carr's work.

He superimposed a large, colourful graffiti tag over a reproduction of the painting and retitled it: What a Great Spot for a Walmart!

It's one of many cheeky works displayed in Assu's We Come to Witness exhibit at the Vancouver Art Gallery that opened on Dec 3.

"I wanted to reassert an Indigenous presence on these iconic Canadian landscapes as a way of saying: 'We are still here,'" said Assu, who is of Ligwilda'xw Kwakwaka'wakw descent.

"The ramifications of colonization are still very present in today's society and that's something I wanted to comment on in these works."

The new exhibit contains numerous Carr replicas that Assu has been "tagging" since late 2013, and that he has given sardonic titles to including It was, like a super long time ago that ppl were here, right? and Choke on an Ovoid.

Assu said he began digitally covering Carr's work — and signature — with colourful ovoid shapes as a way of criticizing Carr's perceived depictions of Indigenous people being a dying race.

But during his process, Assu said he came to understand that Carr actually had profound appreciation for Indigenous communities, so he started keeping her signature intact, only outlining it.

"I don't feel like I'm a fanboy of her work," he reflected.

"But I think at one point in my past I didn't appreciate it as much as I do now."

Assu's work takes up four rooms of the gallery and the exhibit also includes carvings and ceramics.

Many of his pieces are displayed among original Carr paintings that are in the gallery's possession.

In one room, he tells the story of his grandmother's and his own experiences with racism at school with two modified desks from different eras.

In another, he features cedar offcuts from his home territory — trees that are sacred to his people but were thrown out as scraps from a non-Indigenous man's logging effort.

Assu has been working as an artist for more than a decade, and said he always wants to bring a base discussion around colonialism and Indigenous issues to the forefront with his work.

He said he sees an increasing need for politically impactful art on Indigenous subjects, especially in an Internet age with the increasing circulation of fake news.

"I think it's artists that are going to bring a lot of truth and insight into those issues," he said.

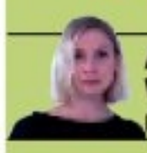
"The artists out responding to these current political issues are really important, because they're the documenters of what's going on."

We Come to Witness is on display until April 23.

Sonny Assu's 'What a Great Spot for a Walmart!' a digital intervention on Emily Carr's Graveyard Entrance, Campbell River, 1912. CONTRIBUTED

FOOD NOTES

FIFE REALLY KNOWS ITS DOUGH



Abby Wiseman
For Metro

I'd been waiting for Fife Bakery to open for quite some time now and I was pleased to kick off the new year sampling their fantastic old-world bread, even though I swore off bread for January.

I arrived at Fife (64 E. 3rd) right when baker Felix Yau was turning the open sign, but I wasn't his first customer. A line quickly formed behind me as he walked me through the two breads available: brioche ($8) and country loaf ($6). The small bakery isn't in a residential area, so my fellow bread enthusiasts must have come from all over.

Fife's deals in proper old-style levain bread, meaning they use a fermented mixture of flour and water, allowing it to culture with yeast and bacteria.

This boosts the flavour big time.

I bought the two loaves, plus a couple chocolate chip cookies — if you're going to break your wheat fast, you might as well go all the way — and decided that the best way to examine if this bread is authentic is to share it with a European friend.

The country loaf — made with organic red fife flour and fermented for three days — had a proper crusty exterior and a bouncy interior that gave it a very substantial texture. I sliced a piece for my friend who just emigrated from the Czech Republic and examined his facial expressions closely. The first bite he closed his eyes, took two steps back and said, "oh yes! this is just like bread at home, you don't even need butter," in his thick accent. He then proceeded to wolf down two more slices, so I gave him the loaf to share with his children. Apparently it lasted all but five minutes once home.

I brought home the brioche loaf and sliced a piece with a chopping knife. I thought it would be destroyed with my poor choice in knife — one day I'll buy a bread knife — but it slid through perfectly. The bread was fluffy and a little astringent, but also a little sweet. My European friend may not have required butter on his country loaf, but this bread was made for cheese. I proceeded to make a grilled cheese with sharp cheddar, which I also swore off (if I'm being honest, I made two grilled cheese sandwiches).

In my bread/cheese stupor, I decided that Fife is the new bakery to beat.

From top, Fife Bakery owner Felix Yau, the country loaf is a levain bread that is crusty on the outside and soft on the inside; fife breads are left to ferment over time. ABBY WISEMAN/FOR METRO

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VANCOUVERING

with icons by **Danielle Vallée** from the noun project

Take a snowy walk on the North Side

VANCOUVER TRENDING

Amy Logan
For Metro | Vancouver

Wandering through a silent winter landscape lit only by headlamps, sharing the exquisite beauty of snow-covered forests with a young child, sampling chocolate fondue in a hand-carved snow lounge, testing fitness mettle with a heart-pumping run up steep slopes.

More and more Vancouverites are discovering the beauty and wonder of snowshoeing in the North Shore mountains. And guided tours are opening up new opportunities.

Originally hailing from Ontario, winter sports enthusiast Nathan Conchie recently tried mountain snowshoeing on Seymour. Compared to the "impenetrable Northwestern Ontario underbrush and old, wood-style snowshoes" of his childhood, Seymour's "groomed, rolling trails and more moderate climate" made for a beautiful experience. For Conchie, highlights included "walking along and seeing treetops at my feet, and having grey jays willing to eat seeds from our hands."

At Mount Seymour, the Legends and Lanterns Tour guides snowshoers by lantern light as they listen to legends of forest creatures and the night sky.

On the Baby and Me tour, parents carry their babies in back or front carriers, and socialize over snacks and hot beverages. For the fitness enthusiast, Snowfit offers a six-week progressive group fitness program on snowshoes. And pleasure-seekers can indulge in a Chocolate Fondue Tour, snowshoeing to a lounge carved from snow where they sample chocolate fondue under starry skies.

On Grouse, fitness is the name of the game. The Snowshoe Grind,beginning at the top of Grouse Mountain, helps Grouse Grind aficionados stay fit during the winter season.

The Snowshoe Grind Mountain Run is held every February, and a Race Prep Clinic prepares athletes for competitive snowshoe races.

At the Baby and Me Clinic, participants meet other parents and babies for a 1.5-hour guided tour followed by snacks and beverages.

The Boomers and Zoomers Clinic is a social guided tour for active 50+ adults, and the Ladies Only Clinics provide fun and challenging workouts, exploring topics like effective training and mental stamina.

At Cypress, the Hollyburn Meadows Tour provides an introduction to snowshoeing, with guides sharing the area's history. The new Hollyburn Lodge will open shortly, providing a "mid-point tour destination as well as the centrepiece for guided cheese and chocolate fondue tours, " according to Michael Thomas, Nordic operations and ski school director at Cypress. He noted that in the interim, they are hosting a chocolate fondue tour outside in a "snowy dugout with a wood fire called Gnarly's Den."

On the family-friendly Winter Wanderer Tour, snowshoers trek to the Burfield Forest and roast marshmallows over a fire. The Girls Night Out tour includes hot beverages, appetizers and a chocolate fondue, while the popular Music Night Tour offers a headlamp-lit snowshoe with drinks, appetizers, and live music.

Conchie attributes the rising popularity of snowshoeing to its accessibility and affordability. "You can experience a taste of winter in a half-day outing." Thomas noted that "snowshoeing in basic terrain requires relatively little training," and it's also a great social activity.

With its deep snowpack and stunning views, Cypress offers an "irresistible draw," he said.

The cold temperatures and ample snow make the North Shore mountains a snowshoeing wonderland. AMY LOGAN/FOR METRO

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VANCOUVERING

with icons by **Danielle Vallée** from the noun project

Lament of the school-day parent

THE BIG SQUEEZE

In which a long list of morning tasks collides with a short fuse

Graeme McRanor
For Metro

It's still dark when my alarm goes off. I'm tired.

But not because there's a newborn in the house.

It's because I stayed up late to watch "just one more" episode of The OA on Netflix.

Should've gone to bed earlier. I curse.

Shower.

I get dressed. Lay out underwear, socks, shirt and jeans for son London.

He's still sleeping. Diagonally, with one arm stretched out towards the headboard, the other pointing at the kicker.

Deader than disco.

"London, get up."

He stirs.

"Let me guess — school," he says, squeezing scorn from each syllable.

"Your clothes are on the bed."

I go downstairs to make breakfast, realizing on approach that last night's dinner dishes are still sitting in the sink. I curse.

Do dishes. Make London toast and blend a fruit-shake for myself.

For my lunch, I toss a salad.

Back upstairs, London sits next to his clothes. Progress. I give him a hand putting them on because he's eight and, if I don't, he'll be late for high school in 2021.

"Could I get a hot lunch today?" he asks.

It's 8:30 a.m. and I'm boiling penne rigate. Then frying chorizo, adding vegan butter, salt, pepper, Parmigiano Reggiano and parsley. I toss it all into a Thermos and throw that and his water bottle into his backpack.

We trudge back upstairs to brush teeth. Then say goodbye to partner Suzy and daughter Dylan. I kiss baby on the forehead. She's sleeping, no doubt exhausted from another night's worth of peeing, pooping and puking.

Suzy is happy, even though she might never sleep again.

I drop London at school. It's 8:59.

Now: coffee, a 45-minute commute, then a glorious eight hours of work.

My parents get London at school and, after work, I drive 40 minutes to the YMCA, where he has weekly swimming lessons.

"He has math homework," my mom says.

"How was lunch?" I ask as we get into the car.

"Wasn't hungry," he says.

I curse.

An impromptu hot lunch for Junior: penne pasta with chorizo sausage. GRAEME MCRANOR/FOR METRO

BANKING

Whistler gets a ski-thru ATM

Wanyee Li
Metro | Vancouver

The convenience of ATMs has reached a new height: people can now withdraw cash while skiing on Whistler Mountain.

The new ski-thru ATM is located outside Roundhouse Lodge and is equipped with ski pole and glove holders and heating lamps.

The ATM is part of CIBC's new five-year partnership with Whistler Blackcomb, according to a written release.

The stand-alone ATM stands about 8.5 feet high and weighs almost 5,000 pounds and is located 1,850 metres above sea level.

"CIBC is Whistler Blackcomb's first ever full-service banking partner and their commitment to delivering exceptional guest experiences aligns perfectly with our goals," said Morag Kerr, strategic alliances and partner marketing manager at Whistler Blackcomb.

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Canuck cliché may be true

IDENTITY

Canadians are as nice as the world insists, author says

When Michigan-born author Kerry Colburn started dating a Canadian, her girlfriends had an immediate great impression of him — without even meeting the guy.

"They would say, 'Oh you're so lucky, you're dating a Canadian. Those guys are so nice!'" recalls Colburn, who went on to marry the Canuck.

The fact he was Canadian seemed to be the only thing her gal pals needed to know, she chuckles.

The notion that Canadians are extra nice is an enduring stereotype the Seattle-based writer wholeheartedly buys into, and it would seem a lot of Americans do, too.

Meryl Streep was the latest to invoke the cliché in her Golden Globes speech on Sunday, a barbed critique of U.S. president-elect Donald Trump that included a salute to Ontario's Ryan Gosling for being "the nicest people."

"It's so funny that of all the adjectives that she could use for the Canadians she says 'the nicest,' right?" says Colburn, who teamed with her husband to co-write the books "The U.S. of EH?" and "So, You Want to be Canadian?"

Like it or not, Canadians should embrace this persistent perception, mostly because it's true, U.S. author and avid traveller Eric Weiner says.

"I get a lot of push-back from Canadians who say, 'We're really not that nice,'" says Weiner.

"I know Canadians will bristle and say, 'We're really just passive-aggressive.' ... There is an element of passivity, I think, in the Canadian character that comes across sometimes, but really I think the niceness is this politeness and this humility that we don't have here."

Of course, like any stereotype, the notion of the "nice Canadian" is not universally true, he adds. THE CANADIAN PRESS

POLITICS

TRUDEAU FACES TOUGH QUESTIONS ON TOUR

Prime Minister Justin Trudeau gestures to a member of the audience during the question and answer session during a town hall meeting in Kingston, Ont. on Thursday.

Trudeau, who faced critical questions about issues including the Phoenix pay controversy and the handling of indigenous issues, is at the start of a whirlwind, taxpayer-funded outreach tour. THE CANADIAN PRESS

VACATION

PM confirms, defends private flight to island

Prime Minister Justin Trudeau is confirming — and defending — his use of a private helicopter while vacationing with the Aga Khan, saying it was the only way to get to his friend's secluded Bahamian island.

The prime minister and his family spent time over Christmas at Bell Island in the Bahamas.

To do so, they flew to Nassau on a Canadian government jet, but made the last leg of the journey aboard the Aga Khan's helicopter.

Trudeau's own ethics guidelines bar the use of sponsored travel in private aircraft, allowing only for exceptional circumstances related to the job of prime minister and only with the prior approval of the ethics commissioner.

But he says he doesn't believe the trip poses any ethical dilemma.

He says he's happy to discuss the matter with conflict of interest and ethics commissioner Mary Dawson "and answer any questions she may have."

Trudeau only confirmed the helicopter flight when speaking to reporters on Thursday, noting it's the only way to get to Bell Island.

"The travel back and forth from Nassau happens on the Aga Khan's private helicopter, which he offered us the use of," Trudeau said. "It's something that certainly we look forward to discussing with the conflict of interest and ethics commissioner, but we don't see an issue on that." He repeated that the vacation was a family trip.

THE CANADIAN PRESS

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The differences between Barack Obama and Donald Trump couldn't have been sharper this week. GETTY IMAGES

Goodbye & hello

Obama's big farewell, and Trump's first media hello, couldn't have done more to put the past and present into sharp relief

ROSEMARY WESTWOOD
From the U.S.

Did you hear the echo in Barack Obama's voice during his farewell address? It made him sound like a man already speaking from the past. Or if you take seriously his message of hope — that consistent, plodding message of hope — a man speaking from the future.

Maybe you were also online, watching the stories stream in via CNN and the New York Times detailing all the dirt that Russia, allegedly, has on President-elect Donald Trump.

Watching reporters lob complicated, double-barred questions at Trump during his press conference the next day, questions he easily sidestepped; watching Trump turn said press conference, meant to cover his enormous conflicts of interest, into a referendum on how the media handled the steamy allegations of blackmail dirt; watching Trump stock the marbled room with a cheering audience and piles of paper, signalling that all press conferences from now on will be staged like a performance; all this suggested that someone still has the upper hand — and it's an orange one.

This week, with Obama's big goodbye, and Trump's first media hello, couldn't have done more to put the past and present into sharp relief.

Obama spoke, as always, with passion, composure, and eloquent complete sentences. Trump spoke, as always, with derision, falsities and the rhetorical equivalent of splashing around in a pool. Very early Wednesday morning, Trump compared his political opponents to "Nazi Germany" on Twitter.

Later, we learned that the 2016 "Russia Law Firm of the Year," Morgan Lewis, was picked to handle Trump's business conflicts of interest, just as Trump was forced to admit Russia hacked the DNC and sought to influence the U.S. election in his favour, which itself came after months of Putin-fawning and intelligence-community bashing. Putin's fondness for Trump is "an asset," Trump asserted, without any irony. Later, he took to Twitter to tell everyone to go "buy L.L. Bean."

Trump's attack on Buzzfeed and CNN during his press conference should alarm the media. (He called Buzzfeed a "failing pile of garbage," and CNN "fake news," and refused to answer a CNN reporter's questions.) So should his clear disinterest in regular press conferences.

The institution of the presidency will not emerge from four years of Trump unchanged. It's already begun to mould around him during the transition, especially on the matter of communication with the press and conflicts of interest. When Trump called the unsubstantiated report of Russian blackmail and influence "fake news," he continued the tradition of hyperbolic statements intended to destabilize any sense of a common reality.

When he again argued only reporters care about seeing his tax returns, he ignored the facts. This week, a poll found that 60 per cent of Americans agree with reporters, but 53 per cent of Republicans agree with Trump.

Trump, it's clear, considers his supporters Americans, the media to be the enemy, and everyone else to be invisible. This is how we can expect him to govern. From hope to harassment: The presidential transition of our time.

MORE U.S. POLITICS

Carson tells Senate he knows housing needs
Ben Carson defended his credentials Thursday to serve as the nation's new housing secretary, turning to his life story, speaking at his confirmation hearing, about growing up in Detroit with a single mother who worked numerous jobs to keep a roof over their heads.
THE ASSOCIATED PRESS

Cuban immigration policy ends after many years
President Barack Obama announced Thursday he is ending a longstanding immigration policy that allows any Cuban who makes it to U.S. soil to stay. The repeal of the "wet foot, dry foot" policy is effective immediately, and follows months of negotiations.
THE ASSOCIATED PRESS

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SYRIA

Airstrikes escalating despite ceasefire

The UN envoy for Syria said Thursday that a ceasefire was "largely holding, with some exceptions," as opposition activists reported a mounting number of government airstrikes, including a raid in the northern Aleppo province that killed at least six civilians.

Speaking to reporters in Geneva, Staffan de Mistura said he was concerned that fighting northwest of Damascus that has cut off the capital's clean water supply would further escalate and derail proposed negotiations between the government and the opposition in Astana, Kazakhstan, later this month.

The talks are sponsored by Russia and Turkey, which support opposing sides of the Syrian civil war. But the status of the meeting, planned for Jan. 23, is not clear. Rebels say the government's continued campaign for the Barada Valley, the capital's main source of water, has cast the talks in doubt.

The UN says the capital has suffered from a water shortage affecting 5.5 million consumers since December 22.

The leader of one of Syria's largest rebel factions, the ultraconservative Ahrar al-Sham, said in remarks aired Thursday that the violence in the valley and daily airstrikes on rebel-held areas "are signs of a collapsing truce."

De Mistura said five villages in the Wadi Barada area have reached an "arrangement" with the government, but two villages, including one which holds the source of water, al-Fijeh, have not.

"There is a danger, a substantial danger, imminent danger, that this may develop into a further military escalation," further imperiling the water supply, he said.

He also said the ceasefire, which came into effect Dec. 30, should widen humanitarian access to besieged areas, but that "unfortunately, that is not the case." THE ASSOCIATED PRESS

Joe Biden accepts the Presidential Medal of Freedom on Thursday. THE ASSOCIATED PRESS

Biden stunned by big honour

POLITICS

VP awarded the Medal of Freedom in surprise event

At the dusk of both of their political careers, surrounded by friends and family, U.S. President Barack Obama on Thursday bestowed the Presidential Medal of Freedom on Joe Biden, the man he called "the finest vice-president we have ever seen."

Biden winced in shock as Obama announced he was conferring the nation's highest civil honour on his right-hand-man of eight years. Biden turned away from cameras, wiped away tears, then stood stoically as Obama draped the blue-and-white ribbon around his neck.

"I just hope that the asterisk in history that is attached to my name when they talk about this presidency is that I can say I was part of the journey of a remarkable man who did remarkable things for this country," Biden said.

There were several standing ovations at what had been billed as a modest farewell ceremony for Biden but evolved into a surprise bestowal of the Medal of Freedom, the last time Obama will present the honour.

"I had no idea," Biden said of the award, insisting he didn't deserve it.

It was the only time Obama has presented the medal "with distinction," also awarded only once by each of the previous three presidents.

THE ASSOCIATED PRESS

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metro SCIENCE

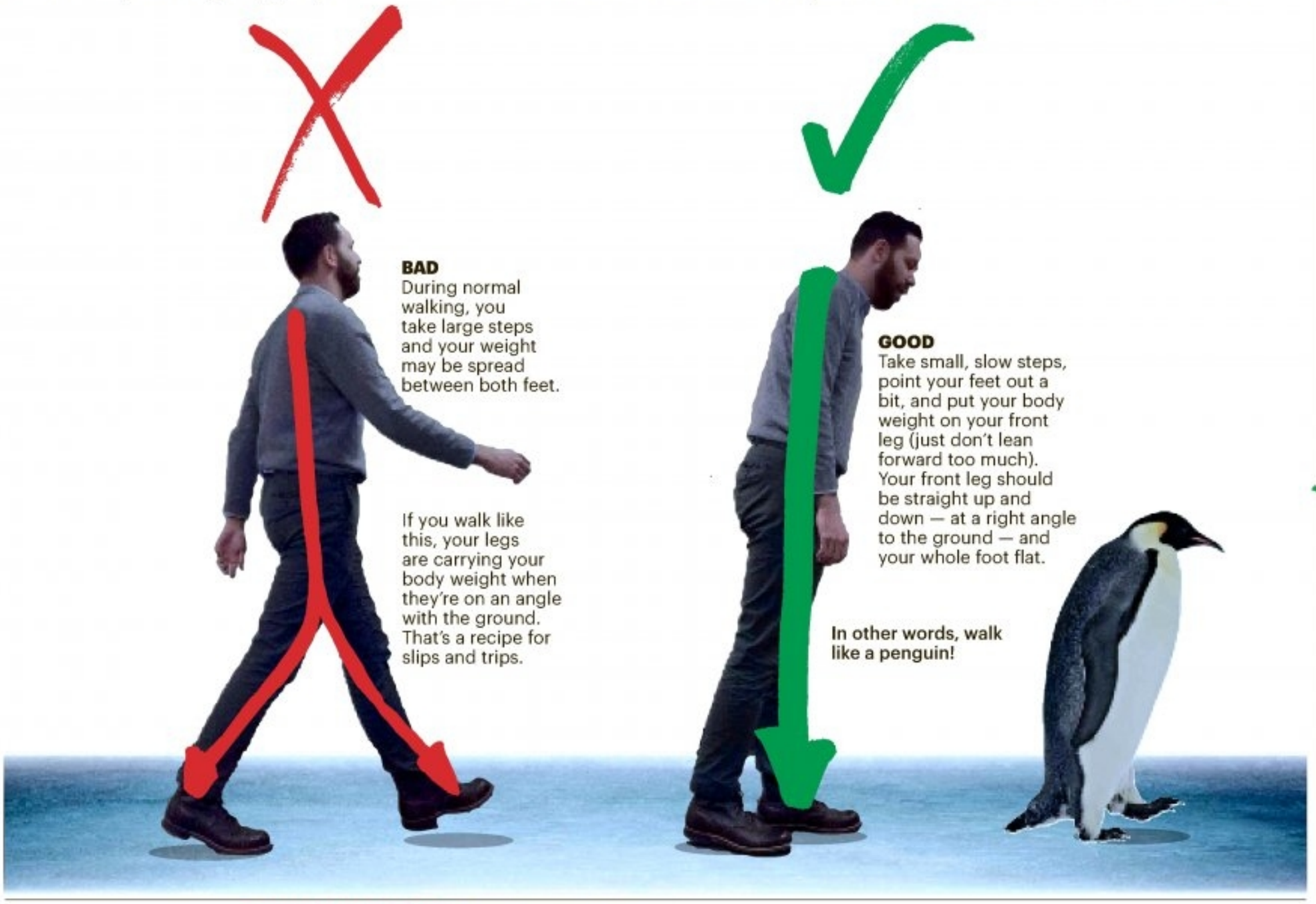
Your essential daily news

Doggone sad: Big dogs may have short lives because they burn a lot of energy, making chemicals called free radicals that speed up aging

DECODED by Genna Buck and Andrés Plana

MARCH LIKE A PENGUIN, FOR SAFETY

Falls are a big deal. In winter, very real fear of falling can isolate the elderly and people with disabilities indoors, but anyone can take a tumble. A group of German doctors has published guidelines on how to walk safely during slippery-sidewalk season. We recruited Metro reporter Luke Simcoe to demonstrate.



BAD
During normal walking, you take large steps and your weight may be spread between both feet.

If you walk like this, your legs are carrying your body weight when they're on an angle with the ground. That's a recipe for slips and trips.

GOOD
Take small, slow steps, point your feet out a bit, and put your body weight on your front leg (just don't lean forward too much). Your front leg should be straight up and down — at a right angle to the ground — and your whole foot flat.

In other words, walk like a penguin!

CITIZEN SCIENTIST by Genna Buck

How can I boost my immune system?

Does zinc, echinacea or vitamin C help boost the immune system? - Levon, Toronto

Given what a gnarly cold and flu season we're in, I wish I had some better news for you. Alas, no.

The first thing to ask when someone claims this or that potion "boosts the immune system" is "Which part of it?" The immune system isn't one thing. It's physical barriers, specialized cells and response mechanisms all working together to fight off invaders like cold and flu viruses.

The second thing to ask is "what are the side effects?" A true, measurable, significant boost to the immune system can leave you feeling pretty crummy. Ever gotten a shot of interferon to help rev up the inflammatory response your body uses to fight a virus? The disease-fighting proteins released into the blood are the same ones you get from a hangover. What about sargramostim, which helps make white blood cells if yours have been wiped out by chemo? One of the side effects is "bone pain." Ick.

It's true your immune system may fall down on the job if you're stressed, malnourished, smoking, or deficient in essential vitamins or minerals. But if you're generally healthy, there isn't that much you can do to get immunity superpowers, cool as that would be.

On to specifics: There's a bit of evidence, from reviews of previous studies, that taking echinacea or zinc supplements may shorten the duration of colds very slightly. But the data are mixed and the effect is small to insignificant, especially in the case of echinacea. Getting enough vitamin C helps you have fewer colds, but it doesn't do much once you're sick.

A vitamin D researcher I spoke to once reminded me of something else: Some studies that find that vitamin supplements have a benefit (i.e. a vitamin prevents colds), didn't screen people for deficiency. The pills didn't give people extra immunity: They fixed what was broken, allowing the immune system to work as it should.

Science Question?
Tweet @genna_buck

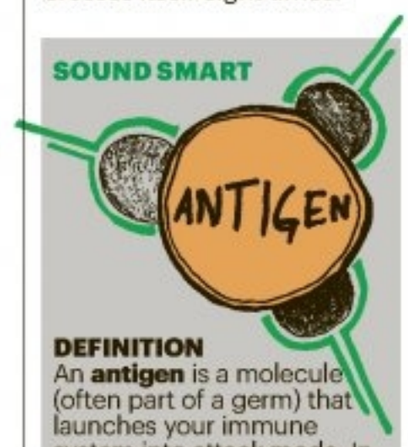
FINDINGS
Your week in science

STEVEN G. JOHNSON

MONKEY MATH
University of Toronto researchers believe capuchin monkeys have some understanding of probability. When given a choice between different jars, they pick ones with proportionally more peanuts. It's a level of numeracy beyond "less" and "more" we thought only humans had.

TIGHTEST KNOT
University of Manchester scientists have the boy scouts beat. They braided molecular strands into the tightest, most complex knot ever made. It crosses itself eight times.

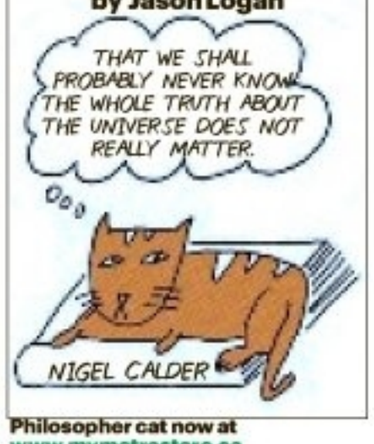
SOUND SMART



DEFINITION
An **antigen** is a molecule (often part of a germ) that launches your immune system into attack mode. In response to contact with an **antigen**, you make sticky proteins called **antibodies** to fight it.

USE IT IN A SENTENCE
Everybody is staying ten feet away from Deborah because she's sneezing and sniffling. But she doesn't have the flu. Her body thinks the dust in here is an **antigen**, even though it's harmless, and her immune system is on the attack. She has a dust **allergy**.

PHILOSOPHER CAT
by Jason Logan



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MOVIES MUSIC TELEVISION DIGITAL

Richard Crouse
In Focus

At the top of her field

Hollywood's second Grand Dame Annette Bening might be best of all

In 20th Century Women, Annette Bening serves up trademark density to her free-spirited character Dorothea. CONTRIBUTED

Meryl Streep has a body of work that speaks for itself and, as she proved last Sunday night from the stage of the Golden Globes, is unafraid to challenge the status quo. But last week while the world formed opinions about Streep as she mouthed off about Donald Trump, I had my eye on someone in the audience.

During Streep's speech the camera landed on Annette Bening, who gives the Grand Dame a run for her money, acting wise.

This weekend Bening adds 20th Century Women to her already stellar IMDB resume. As free-spirited single mother Dorothea she is, as writer David Edelstein wrote, irreducible. In other words she's complex: loving yet stand-offish, warm but steely, a hippie who studies the stock market and Bening brings her to vivid life.

It's that density of character that sets Bening apart from her peers, Streep included. Warren Beatty, her husband and sometimes director says she has, "talent, beauty, wit, humility and grace," a combination that makes her "the best actress alive."

Biased? Likely, but the evidence is on the screen. Bening works sporadically, sometimes taking years between projects or taking small supporting roles in idiosyncratic independent films like Ruby Sparks, but her characters are always compelling.

She became a star playing femme fatale Myra in 1990's con artist caper The Grifters. Gleefully embracing her character's deviousness, she stole the movie. Then came intricate portrayals of everything from a neurotic real estate broker in American Beauty to Bugsy's tough-talking Hollywood starlet and In Dreams' psychic vigilante. Each performances is a polished gem even when the movies aren't as good as she is.

The last of her Best Actress Oscar nods came with 2010's The Kids Are Alright. At the center of story are Nic (Bening) and Jules (Julianne Moore), a long time lesbian couple raising their two kids. It's a happy family until their daughter contacts her biological father Paul (Mark Ruffalo) via the sperm bank.

A scene near the movie's end displays the complexity of Bening's work. Nic and Paul sing a Joni Mitchell song at a dinner party. Their wild act is joyful, ridiculous and poignant simultaneously and is a perfect microcosm of Bening's performance. It's her well-drawn character that keeps the basic story afloat with its lived-in, realistic feel.

Less known is Bening's fine work in The Face of Love, a 2014 film about a widow obsessed with a man who looks exactly like her late husband Tom. Trouble is, she never tells him about his resemblance, raising the question: Is she in love with Tom or a memory?

Is she a selfish conniver, a grief stricken widow or one brick short of a load? The movie allows for interpretation, but regardless of your take, Bening's performance is so raw and vulnerable it's difficult to completely condemn her behaviour.

Bening's name may not always be mentioned in the hushed tones as Streep, but I suspect she doesn't care for the accolades as much as shattering the clichés of how women are portrayed on film. On that score she is at the top of her field.

MOVIE RATINGS by Richard Crouse

Patriots Day ★★★★
Paterson ★★★★
20th Century Women ★★★★
Live By Night ★★★
Monster Trucks (no stars)
Bugs ★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

THE MERYL STREEP I KNOW

Overrated is the last word I would use to describe Meryl Streep as an actress or interview subject. Like everybody else I've admired her work from the early fresh-faced roles in films like Manhattan to the emotional catharsis of Kramer vs. Kramer, through her accent phase and beyond.

I've also interviewed her several times. In our conversations, as in her controversial speech at the Golden Globes, she's always been forthright, fearless and gracious.

Our first chat was 11 years ago in Minnesota. I've done hundreds of these things and the only thing they have in common is the amount of time sitting in hotel hallways. Experience taught me to always bring a book.

I read until it was time to talk with Streep. I sat opposite her under hot TV lights. Then she did something remarkable. Before my first question she asked me one. "What book are you reading?" No actor had ever asked me about my ever-present book. As we chatted I was being seduced by the Streep charm.

She was doing what she does in her work; taking our time beyond the professional and into the personal. That bond to her audience and her characters is what makes her great, not just as an actress or speech-maker but also as a person. Overrated? I think not. RICHARD CROUSE/METRO

Sunny Leone shot to fame in porn as a teen before making the move to Bollywood.
COURTESY OF MONGREL MEDIA

MOVIES

How a porn star from Sarnia won over Bollywood

Steve Gow
For Metro Canada

Filmmaker Dilip Mehta may have intimately studied the main character of his latest documentary, but he admits he's still completely baffled by Sunny Leone.

"Here is a former porn star in India, which is steeped in tradition," offered Mehta about the real-life Bollywood star of Mostly Sunny, opening in most cities today. "Even after spending two and a half years doing the film, I just don't get how India has accepted her with open arms."

The truth is Sunny Leone's success itself is a bit mysterious. Born in Sarnia, Ont., Sunny shot to fame at just 19 years old when she plunged herself into the porn industry and quickly rose to be crowned 2003's Penthouse Pet of the Year.

Today however, Leone has inexplicably become a Bollywood sensation by transitioning to mainstream movies — an unthinkable transformation in a traditional culture that channels an extreme kind of conservative parochialism.

"Her parents' generation, they have shunned her because of her choices," insisted the talented brother of Canadian auteur Deepa Mehta (Midnight's Children).

"It's a strange choice of words but the younger generation are really tickled pink by Sunny Leone because they find her liberating, they find her fresh and almost label her as a feminist."

Indeed, despite her lascivious start in the adult industry, Leone has truly become an ambassador of female empowerment in India.

Not only does she continue to be feted in Bollywood circles but her success has pushed a pseudo-liberation movement. Perhaps most compelling though is how her story is inspiring the next generation of Indian women.

"They're looking at her and saying maybe there is an alternative. Maybe what our parents have told us in life may not necessarily be true for us anymore — that you can make your own choices and possibly even succeed."

"I wanted to do it because it was a vehicle for (female empowerment). Plus, it was an introspective vehicle for me to look at India. India today is not the country I grew up in and I felt it's an interesting time to do such a film and use her as the vehicle."

Shaking things up at Sundance

CANADIAN CONTENT

Indigenous films bring new sense of urgency to fest

Rise and Rumble aren't just the titles of two noteworthy Canadian productions headed to this month's Sundance Film Festival. They're also statements of purpose.

Canada's filmmakers are out to get attention and shake up conventional wisdom at Sundance (Jan. 19-29).

This is especially true regarding films from Canada's indigenous communities. They've always been welcome at Sundance, but the selections this year have a new sense of urgency.

Rise, directed by Toronto's Michelle Latimer, an Algonquin/Métis filmmaker, is an original series for Rogers Media's Viceland TV channel, planned for broadcast early this year.

Premiering in Sundance's Special Events section, Rise is billed as "a condemnation of colonialism and a celebration of Indigenous people worldwide." Three episodes premiering at Sundance — Sacred Water, Red Power and Apache Stronghold — show how native North Americans and their global supporters are peacefully, but forcefully, fighting back against exploitation of their land: at the Standing Rock Indian Reservation spanning North Dakota and South Dakota, where the Dakota Access Pipeline threatens water supplies; and also at Arizona's San Carlos Apache Indian Reservation, where mining companies seek to dig up sacred ground.

"As a filmmaker I think I have a very real responsibility to bear witness," director/showrunner Latimer says via email. "How can I go work on a reality show about food or something when there are people in my own community dying because of lack of clean water, medical care and housing — and this is supposed to be in one of the most affluent countries in the world?

"Something is very, very wrong when you look at that picture. Making films gives me a platform to explore and communicate the things in society I disagree with. And it gives me a productive place to direct my anger. Because believe me, I'm angry at both the disparity and the privilege I see around me every day."

One of the Standing Rock episodes includes an interview with Jesse Wente, a member of the Ojibwa nation and TIFF's director of film programs.

"The rise of Indigenous media has really occurred in the last 10 years," he says. "There's absolutely a connection between the rise of things like Twitter, Facebook and other social media. The fact that you don't need to have a desk in a mainstream newsroom to necessarily have a voice in today's media has meant a lot for marginalized communities."

I'm angry at both the disparity and the privilege I see around me every day.
Filmmaker
Michelle Latimer

It also allows these communities to correct the historical record, which is the impetus for Rumble, subtitled The Indians Who Rocked the World. It's a documentary account of how musicians with aboriginal roots, including guitar greats Jimi Hendrix, Link Wray, Charley Patton and The Band's Robbie Robertson, made a profound impact on popular music, along with such singers as Rita Coolidge, Buffy Sainte-Marie and Mildred Bailey and the rapper Taboo.

Sundance director John Cooper is excited about Rise and Rumble playing his festival because these films are "taking it to a place where you can actually effect change through the storytelling itself. I think that's what Rumble is going to do, because it's interesting ... and it brings you closer into looking at our world a little differently.

"With Rise, I really like the whole notion of young people and young voices telling these stories, which is part of the mission of that project."

TORSTAR NEWS SERVICE

Michelle Latimer directs Rise, a Viceland TV series that's planned for broadcast early this year. Episodes show how native North Americans and their global supporters are peacefully but forcefully fighting back against exploitation of their land . COURTESY OF SUNDANCE INSTITUTE

EQUALITY

Just 7 per cent of top films in 2016 directed by women

A new study finds that just 7 per cent of the 250 highest-grossing films of 2016 were directed by women.

The Center for the Study of Women in Television and Film at San Diego State University on Thursday issued the 19th annual edition of its report, titled The Celluloid Ceiling, authored by the centre's executive director, Martha M. Lauzen. The rate of female directors was down 2 per cent from last year.

Despite widespread attention in recent years to gender inequality in the film industry, the study found not only that opportunities aren't improving, but are getting slightly worse. Nearly 20 years ago, in 1998, 9 per cent of the top films were directed by women.

Researchers found the disparity across the board. In 2016, women comprised 17 per cent of all directors, writers, producers, executive producers, editors and cinematographers in the top 250 domestic-grossing films. That also is a decline of 2 per cent from 2015.

BY THE NUMBERS

7%

Percentage of the 250 highest-grossing films of 2016 directed by women.

9%

Percentage of top films directed by women in 1998, nearly 20 years ago.

In recent years, gender inequality in Hollywood has drawn increased scrutiny, including an ongoing investigation by the federal Equal Employment Opportunity Commission.

Numerous stars have also spoken out about pay disparity. Most recently, Natalie Portman, who last year released her directorial debut, A Tale of Love and Darkness, told Marie Claire that she was paid three times less than co-star Ashton Kutcher in 2011's No Strings Attached.

The centre's study also showed the trickle-down effect of hiring female directors. In analyzing the top 500 films, researchers found that on films with female directors, women accounted for 64 per cent of writers. On male-directed films, just 9 per cent were women.

THE ASSOCIATED PRESS

Mira Nair directed last year's critically acclaimed film Queen of Katwe. ROBIN MARCHANT/GETTY IMAGES

metro TRAVEL
Your essential daily news

Storm fells California's beloved 'drive-thru' sequoia

5 CLASSIC SITES TO SEE WHEN YOU HIT UP ATHENS

As a seaside metropolis with a lively outdoor vibe and dozens of picturesque islands beckoning nearby, Athens is more often considered a summer tourist destination than a winter escape. But if you've got more than beaches on your mind, there's plenty of upside to a brief cool visit that avoids the crowds and heat of summer. Here's a suggested itinerary for a three-day visit: THE ASSOCIATED PRESS

1 The Odeon of Herodes Atticus

The Odeon of Herodes Atticus, or Herodeon is a stone theatre structure located on the southwest slope of the Acropolis of Athens. The Herodeon still hosts the occasional live performance.

2 The Erechtheionin

The Acropolis is particularly striking to view at night, when brilliantly illuminated. A 10-euro entrance fee to the compound takes you along a course of the central structures of Greek mythology as you climb past the Theatre of Dionysus, the Propylaea, the Erechtheion.

4 Temple of Poseidon

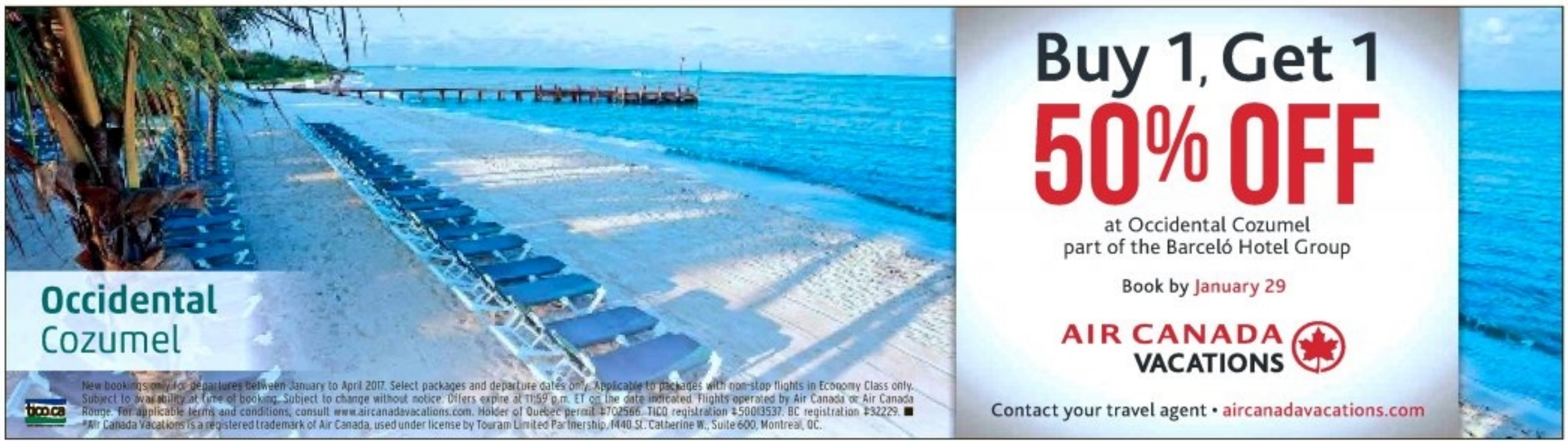
A rewarding outing is the bus ride along the "Greek Riviera" down to the southern peninsula of Sounion, where the Temple of Poseidon reveals a breathtaking view of the sea. The deep blue waters ripple around the ancient hilltop structure dedicated to the god of the sea. The salty breeze offers an escape from the bustle of Athens, as mountains and the rocky ancient landscape provides a tranquil parting from Greece.

4 The Parthenon

The centerpiece of ancient Greece and modern-day Athens, the Acropolis literally stands above everything else and looms majestically over the city. A 20-minute walk to the top unveils the most famous structure of all, the Parthenon — a former temple dedicated to the goddess Athena, the city's patron. However, the scaffolding of its prolonged restoration project takes a bit away from its grandeur.

5 Syntagma Square

This is the heart of the city and site of mass protests in recent years over the Greek economic crisis. The square is right in front of parliament and the tomb of the unknown soldier, where soldiers in kilt-like garments and red leather clogs with black pompoms perform elaborate changing of the guard ceremonies several times a day.



Saskatchewan brew scene hopping

FOOD AND DRINK

Regina boasts of beer you can't get elsewhere

The tap is pulled forward, a pint glass tilted at an angle below, ready for the flow of golden liquid. Maybe it's an India Pale Ale, a blond, a sour or perhaps something a little darker like a Belgian-style Flanders.

Whatever quenches your thirst, craft brewers in Regina are offering beer selections to please the palate.

The guys at Rebellion Brewing brewed their 300th batch this month. That's the equivalent of one million pints since the company opened about two years ago.

"That's pretty awesome," said Mark Heise, who was a home brewer and became one of Rebellion's founders along with Jamie Singer.

"And I don't think our attitude has changed a whole lot — we still are just trying to make really fun, exciting beers that we enjoy."

Singer says the craft beer industry is growing across Canada and it's just starting to explode in Saskatchewan.

He says there's a feeling of camaraderie in the industry and everyone can work together to make Regina and the region a draw for craft beer.

"Our whole idea is very akin to what the winery region in the Okanagan is or Niagara region is," said Singer.

"They're all competitors, but ultimately, also, if you can pull people into that local stuff and get them drinking really great craft beer, or wine in the Okanagan, everybody else is going to be turned on to it too ... and we start to grow that whole market together."

Rebellion is in Regina's Warehouse District.

The tap room has 16 beers on tap, including beer from other Saskatchewan breweries, such as Nokomis Craft Ales, a microbrewery in Nokomis, about 135 kilometres north of Regina.

There's a small food menu that's all local, from the pizza to the pretzels to the meat pies. In the summer, food trucks set up out front.

"It's about just celebrating and enjoying things that make your community unique," said Heise.

Mark Heise and Jamie Singer, co-founders of Rebellion Brewing Company in Regina, are celebrating their 300th batch this month. MICHAEL BELL/THE CANADIAN PRESS

Singer says the Bushwakker Brewpub, also in the Warehouse District, set the foundation for craft beer in Regina.

The Bushwakker Brewpub opened more than 25 years ago.

It's a full restaurant with the brewery attached. The walls have works from Saskatchewan artists, photographs from Regina's history — including when the Warehouse District was hit by a tornado in 1912 — and local music pours from the speakers. Bar manager Grant Frew says craft brewers, like Bushwakker, Rebellion and Regina's Malty National, are "all about making really good beer."

"The smaller breweries, we're making smaller batches of beer, we can use nothing but malted barley — that's the only thing that we use to produce the alcohol — and that has much more flavour," explained Frew.

The first Saturday of December has come to be known as Mead Day in Regina. The brew pub uses honey from the nearby community of Lumsden to make its Blackberry Mead and people wait for hours in anticipation.

The Bushwakker Brewpub sells more than 30 beers, including its own specialty and Nokomis, Black Bridge Brewery in Swift Current, Paddock Wood microbrewery in Saskatoon and Malty National.

Malty National is a microbrewery nestled in Regina's Heritage neighbourhood, in a building with a coffee shop and a vintage record and clothing store. It opened in March 2016.

Kelsey Beach, one of the owners of Malty National, says they brew six times a month. One beer was brewed with hops donated by local residents.

"Every brewery has its own taste and flavour profile ... and you can't get beers like the Bushwakker or Rebellion or Malty National elsewhere in Canada," said Beach. THE CANADIAN PRESS

IF YOU GO

- Rebellion Brewing offers free tours on Saturdays at 2 p.m. Group tours can be arranged too.
- Bushwakker Brewpub will do free tours. Call ahead to make plans. It also offers a beer school for around $10.

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TRAVEL PITBULL, LUCAS & TUBMAN

GETTY IMAGES

Visit Florida to pay out CEO after Pitbull kerfuffle

Florida's tourism agency agreed to pay its outgoing president and CEO $73,000 U.S. amid the fallout from the state's secret deal with rapper Pitbull and a video for his song Sexy Beaches. Visit Florida is hiring a former federal prosecutor as the new CEO.

THE ASSOCIATED PRESS

GETTY IMAGES

L.A. beats San Fran for George Lucas museum site

Star Wars creator George Lucas and his team have chosen Los Angeles over San Francisco as the home of a museum that will showcase his work. After what organizers called an extremely difficult decision, they announced Tuesday that the museum will be built in Exposition Park in Los Angeles. The project became the subject of a rivalry between the two cities.

THE ASSOCIATED PRESS

LIBRARY OF CONGRESS

Harriet Tubman park becomes a reality

U.S. federal parks officials have formally established the Harriet Tubman National Historical Park in upstate New York. The New York park will focus on Tubman's work later on in her life when she was an active proponent of women's suffrage and other causes. It will be a sister park to the Harriet Tubman Underground Railroad National Historical Park in Maryland.

THE ASSOCIATED PRESS

Slovenia in the spotlight

CUISINE

Mrs. Trump's homeland a marriage of old and new

A master chef is bringing attention to the cuisine of Melania Trump's homeland.

Ana Ros, who starred last year in an episode of the Chef's Table Netflix series, runs what some consider Slovenia's best restaurant in a remote village inn.

Slovenian tourism officials recently brought Ros to New York to showcase her culinary talents at a time when tourism in the country is booming, up to nearly three million tourists a year in a country of two million people.

Ros heads the kitchen in an inn called Hisa Franko. Her ever-changing menu there reads like no other, to name just a few dishes: fried white asparagus with celery cream; arctic char with wild berries and buttermilk; pasta filled with whipped cheese from sheep in nearby pastures, served with langoustines and mushrooms; and pork and lobster with ginger and pickled garlic on a bed of ancient Indian herbal leaves.

Top chef Ana Ros heads the kitchen at Hisa Franko in a remote Slovenian village. The tiny nation of two million is now hosting nearly three million tourists a year. SLOVENIAN TOURIST BOARD

Ros' husband, cheese and wine expert Valter Kramar, inherited Hisa Franko and a small farm from his father. The inn is located in the remote village of Kobarid, in the western part of the country, surrounded by pine forests in the emerald Soca River Valley. It was here that Ernest Hemingway set part of his World War I novel, A Farewell to Arms.

Ros' cooking skills are largely self-taught, though she was mentored by culinary luminaries to become a master chef of a surprising cuisine.

Ros and Kramar have travelled the world, blending global tastes and techniques with ingredients from local fields and their own vegetable garden. In some ways, Ros' menus reflect the cross-currents that define Slovenia, nestled as it is between Italy, Austria, Hungary and Croatia.

"Slovenia is a perfect mix of landscape and culture — the sea, the Alps and the rolling hills and plains, close to each other, with Mediterranean, Central European and Balkan influences," says Andrej Smrekar, an art curator at Ljubljana's National Gallery of Slovenia who helped turn a medieval monastery church in the countryside into a modern art gallery. "Tourists have a taste for what's authentic, but to them unknown and untouched."

When Melania Trump was a student in Ljubljana in the 1980s, the city was rocked by punk rebels and activists impatient to shake off the vestiges of drab socialist bureaucracy. Slovenia was mostly spared in the brutal civil war that followed independence from Yugoslavia of other republics farther south.

Now, Ljubljana is a lively metropolis of about 300,000 residents, but the city's roots go back to prehistory: A museum displays the earliest wheel used by humans in the area, before the ancient Romans arrived.

The city centre is traffic-free, with pedestrians crossing the river over a historic triple stone bridge that leads to outdoor produce vendors, a seafood market and shops offering everything from bread freshly baked in a wood-fired oven to flowers, spices and artisanal candles.

THE ASSOCIATED PRESS

metro SPORTS

Justin Thomas joined the PGA Tour's "59 Club" by making a 15-foot eagle on his last hole at the Sony Open in Honolulu for an 11-under 59

'I don't even care': Bryant past notorious no-catch

NFL PLAYOFFS

Cowboys have chance to avenge loss two years ago

Dez Bryant still gets stopped all the time by people who are sure the officials blew the replay on the Dallas receiver's famous catch that wasn't in a playoff loss at Green Bay two years ago.

And the 2014 All-Pro figures if the Cowboys go on to win the Super Bowl as the top seed in the NFC, that play will be what fans want to talk to him about. Even if he wins another Super Bowl next year. And so on.

"Even if we were to win four or five Super Bowls, people still going to be like, 'He still caught it,'" Bryant said. "That's what it's going to be."

The Cowboys (13-3) get a divisional-round rematch with the Packers on Sunday, this time at home. And while Bryant knew from the moment Green Bay (11-6) beat the New York Giants last weekend in the wild-card round that the disputed play would dominate the conversation, he's playing the part that coach Jason Garrett would prefer.

"I don't even care," Bryant said when asked if that moment was his first thought after the Packers won. "That was 2014. There's no extra motivation, there's no nothing. If there's any motivation it's just to prepare better than the last time."

The most notable change for the Cowboys since then is at quarterback, with rookie Dak Prescott winning 11 straight games in the regular season to take Tony Romo's job once Dallas' 10-year starter was ready to return from a pre-season back injury.

Back then, Romo gambled on fourth-and-2 from the Green Bay 32 with 4-1/2 minutes remaining. Bryant made a leaping grab over Sam Shields around the 2 and lunged for the end zone. What happened with the ball will be debated forever, some saying Bryant had control throughout the catch, others saying the ground jarred it loose briefly.

Referee Gene Steratore had the only opinion that mattered, and he ruled upon review after the play was called a reception that Bryant didn't control the ball all the way through the catch.

"There's a lot of emotion that goes into that play and that moment," said tight end Jason Witten, the first to greet Bryant in the end zone when the Cowboys thought they had a first down inside the Green Bay 1.

"What a play by him. What's a catch, what's not a catch? I just don't think any one moment like that can define any of us. Certainly we all reflect on it and look back on it. It probably hardened us some. Know what? Nobody cares. We're two years later. But it's a great example of just the margin at this point and this time of the season." THE ASSOCIATED PRESS

DIVISIONAL SKED

SATURDAY
Seahawks at Falcons, 1:30 p.m.
Texans at Patriots, 5 p.m.

SUNDAY
Steelers at Chiefs, 10 a.m.
Packers at Cowboys, 1:30 p.m.

Dez Bryant attempts to haul in a catch against the Packers' Sam Shields on Jan. 11, 2015 in Green Bay. Initially ruled a catch, the call was reversed upon review. MIKE MCGINNIS/GETTY IMAGES

Yeah, of course it was tough. It was heartbreaking. It ended our season.
Cowboys wide receiver Dez Bryant

NFL PLAYOFFS

Wagner rounding out his skill set

Listing all the ways Seattle linebacker Bobby Wagner believes he's a better player than four years ago when the Seahawks last came across the Atlanta Falcons in the post-season would be lengthy.

At the top of the list would be his improvement as a pass defender.

"There's a lot of routes that I probably did not see when I was a rookie," Wagner said this week. "I have more knowledge of the game than I did back then."

Ask around and you'll get rave reviews from teammates, opponents and observers about the linebacker Wagner has become heading into Saturday's NFC playoff game at Atlanta. He led the NFL in tackles during the regular season, was voted to the All-Pro team for the second time in his career, and in the playoff opener against Detroit last week had another 10 tackles to lead Seattle.

167

Wagner led the league with 167 regular-season tackles.

Wagner's always been a stout run defender and an excellent tackler. He's been steady playing behind a Seattle line that does its job keeping offensive linemen from getting to the second level. But Wagner agrees that his understanding of the passing game is the big reason he's making enough tackles to lead the NFL. And why he's grown from being a question mark when he was drafted in the second round in 2012 to one of the premier linebackers in the NFL, a Defensive Player of the Year contender.

"I feel like my route recognition is a lot better; it's not where I want it to be, but it's a lot better," Wagner said. "It has allowed me to get more tackles because my breaks are cleaner because I know where the routes are coming or I know where to expect the ball to be thrown. It's something I really worked on." THE ASSOCIATED PRESS

PREMIER LEAGUE

West Ham won't let unhappy star leave

West Ham is standing firm against Dimitri Payet's request for a transfer, refusing to sell the English Premier League team's star player.

"I am feeling let down and angry," manager Slaven Bilic said on Thursday as he revealed Payet no longer wants to play for West Ham.

But Bilic urged the France midfielder to show the same "commitment and determination" West Ham did by giving him a new contract through June 2021 last year.

"We gave him a long contract because we want him to stay," Bilic said. "We have said we don't want to sell our best players but Dimitri Payet does not want to play for us. We are not going to sell him." THE ASSOCIATED PRESS

Dimitri Payet GETTY IMAGES

IN BRIEF

'Rivalry Week' pits Whitecaps at Sounders

Toronto FC will have to wait until May to get a chance to avenge its loss in the MLS Cup.

Major League Soccer released its full 2017 schedule Wednesday, and one of the highlights is a match between Toronto and Sounders FC on May 6 in Seattle.

The Vancouver Whitecaps visit Seattle in an Aug. 23 "Rivalry Week" match as part of the Cascadia Cup. THE CANADIAN PRESS

NFL

Chargers bolt from San Diego for L.A.

Chargers fans knew for several years that this dreaded day could be coming, that their beloved NFL team might move up the freeway to tap the perceived riches of Los Angeles.

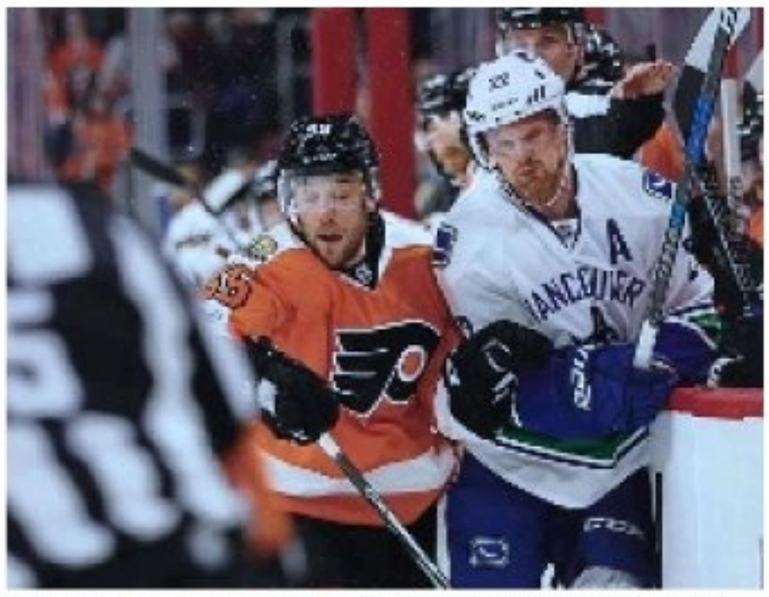
That didn't make it any easier Thursday, when the San Diego Chargers ceased to exist after 56 seasons.

They're now the Los Angeles Chargers, set to join the recently relocated Rams to give the nation's second-largest media market two NFL teams for the first time since 1994.

Team chairman Dean Spanos, who tried to move to LA a year earlier, announced the move to his employees at a morning meeting at Chargers Park. At the same time, the team posted a letter on its Twitter account, which was rebranded as the Los Angeles Chargers. THE ASSOCIATED PRESS

The Chargers' new logo

Canucks' road skid stretches to three



Flyers defenceman Nick Schultz hits Canucks forward Daniel Sedin on Thursday in Philadelphia. PATRICK SMITH/GETTY IMAGES

NHL

Flyers' Giroux nets onlt goal in shootout

Claude Giroux scored the only goal in the shootout to lift the Philadelphia Flyers to a 5-4 win over the Vancouver Canucks on Thursday night.

Travis Konecny, Sean Couturier, Pierre-Edouard Bellemare and Brayden Schenn scored in regulation for the Flyers, who won for just the third time in their last 10 games.

Markus Granlund scored twice in regulation, and Daniel Sedin and Brandon Sutter each had a goal for Vancouver, which lost its third straight — all on the road.

Michal Neuvirth made 11 saves in the third period and overtime and stopped all three shots in the shootout in relief of Steve Mason, who was lifted after allowing four goals on 24 shots through two periods. Neuvirth denied Granlund, Bo Horvat and Loui Eriksson in the tiebreaker.

THURSDAY in Philly

5	4
FLYERS	CANUCKS

Jayson Megna and Troy Stecher had two assists each for the Canucks, who have lost 16 of 21 on the road. Schenn tied it at 4 just 57 seconds into the third period with his 14th goal of the season and 10th on the power play when he took Giroux's pass from behind the net and shot the puck off Ryan Miller and into the net.

Sutter put the Canucks in front 4-3 with 7:14 left in the second period to cap a high-scoring 3 1/2 minutes. Sutter took Megna's pass and beat Mason with a forehand shot from in close. It was the fourth goal combined between the teams over a 3:25 stretch.

Philadelphia started the onslaught with 10:39 left in the period when Bellemare ripped a slap shot past Miller's glove side after Matt Read stripped Christopher Tanev in the circle and fed Bellemare in the high slot.

Couturier gave the Flyers a 3-2 lead 18 seconds later when he finished a 2-on-1 after a deft pass through the crease from Voracek that set up an easy tap-in. Granlund registered his second goal of the night 1:22 later to tie it at 3 when he capitalized off a face-off by getting behind Brandon Manning and shooting through Mason's five-hole.

Granlund got the first tally of the five-goal period when he scored on a power play off a rebound 1:51 into the period.

Philadelphia coach Dave Hakstol replaced Mason to start the third period.

THE ASSOCIATED PRESS

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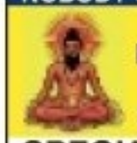

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MAKE IT TONIGHT

Simple Roasted Pork Tenderloin with Sweet Potatoes and Apples

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Celebrate with a proper roast dinner. This one-pan recipe is simple to make — and clean up!

Ready in 1 hour, 5 minutes
Prep time: 15
Cook time: 50
Serves 4

Ingredients
- 3 Tbsp Dijon mustard
- 3 Tbsp maple syrup
- 2 Tbsp apple cider vinegar
- 1 large apple, peeled, cored and chopped into 1/2 inch wedges (use a firm apple)
- 2 tsp thyme, finely chopped
- 1 smallish sweet potato, peeled and chopped into 1/2-inch discs
- 1 onion, peeled and sliced into 1/4 inch rounds
- 1.25 – 1.5 kg pork loin
- Salt and pepper

Directions

1. Preheat oven to 425 degrees. In small bowl, mix 1 Tbsp Dijon, 1 Tbsp maple syrup, 1 Tbsp vinegar.

2. Assemble apples and vegetables in two rows in a roasting pan, alternating onion, sweet potato and apple. Brush marinade over everything. Roast 25 minutes.

3. Mix rest of Dijon, syrup, vinegar and thyme. Season pork with salt and pepper then brush marinade all over. Take roasting pan out of oven and place loin between the two rows of fruit and veg. Place back in oven 20 to 25 minutes. The internal temperature of pork should be between 140 and 145 degrees.

4. Take everything out and cover with foil for 10 minutes before slicing the pork and serving.

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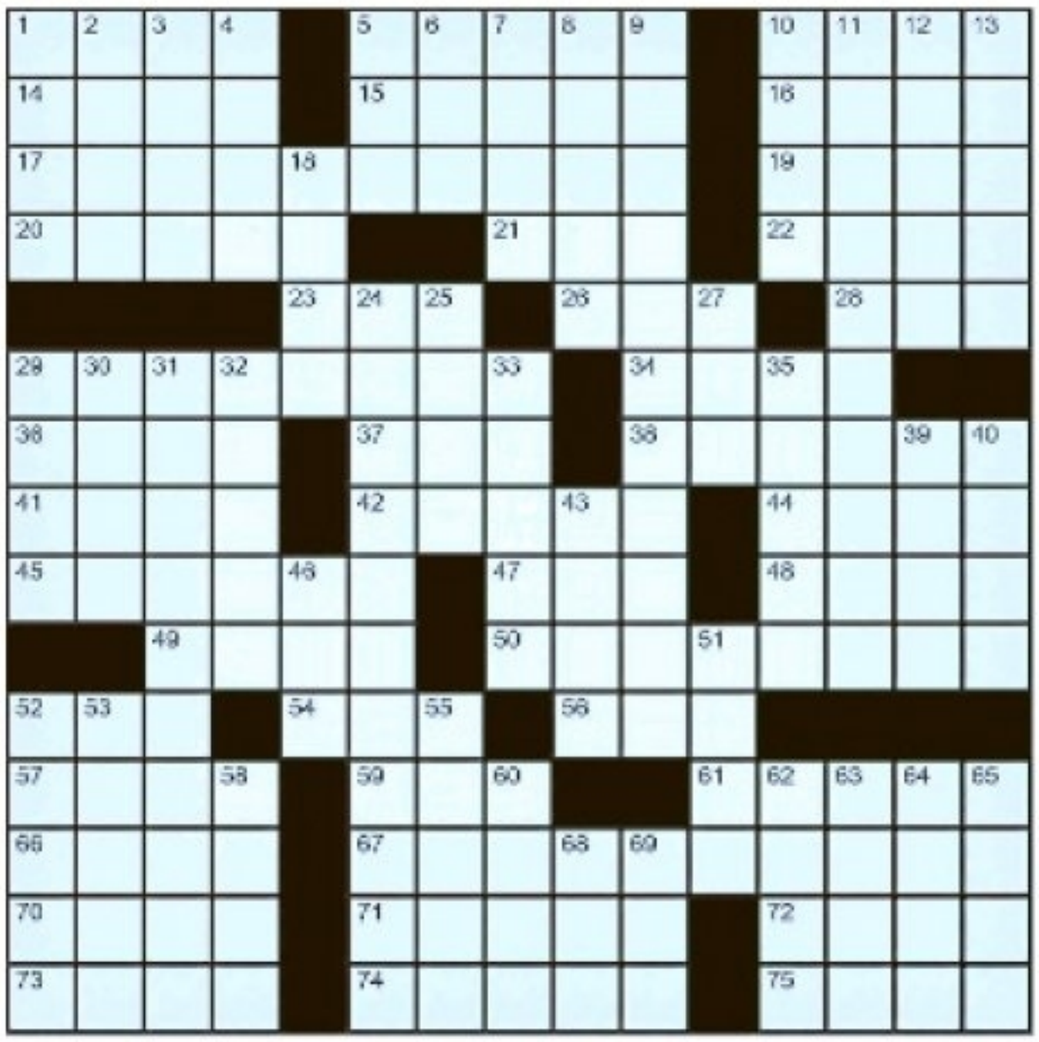
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Economist Mr. Greenspan
5. Alberta town just south of Edmonton
10. Loot
14. Singer/songwriter JJ
15. Ancient Greece's lyrical Muse
16. Mr. Gaston, Toronto Blue Jays championship Manager
17. Retro magical TV show featuring the dragon puppet of the title, "_._. _"
19. Virginia willow
20. Portrait propper-upper
21. Fido's sound!
22. Gulf War missile
23. Seer's skill, shortly
26. Prefix with 'classical'
28. Some printers, e.g.
29. Star of #17-Across who played The Artful Dodger in "Oliver!" (1968): 2 wds.
34. Mr. Morales
36. "Son of _ _!"
37. Sonny & Cher
38. Artist-style hats
41. Sly tactic
42. TV star Ed
44. 5th Dimension's "_, _ and Away"
45. Lustrous fabric
47. Mining extract
48. 'The Big Easy'
49. Awful smelling
50. It's not pyrite: 2 wds.
52. Offshoot
54. Monogrammed star of "Buffy the Vampire Slayer"
56. Caribbean music
57. Smashes
59. The Altar constellation
61. Ancient Greek colony
66. Moonfish
67. Stars grace them during awards season: 2 wds.
70. 'Noon' in Montreal
71. Danny Zuko, e.g., in "Grease" (1978)
72. Level
73. Seaport of Yemen
74. Himalayas' fabled creatures
75. Fictional detective Mr. Wolfe

DOWN
1. Pine
2. Ms. Flynn Boyle
3. Swiss peaks
4. Art museum in Manhattan, _ Galerie
5. Canadian actor Mr. Cariou
6. Hmmms...
7. Spreadsheet info
8. Motorist's about-face
9. Workday rest period: 2 wds.
10. Friends of '-Fis'
11. Character on #17-Across who got around via her Vroom Broom
12. Totally consumed: 2 wds.
13. Provokes
18. Travelled via air
24. The Krofft Brothers from Montreal who produced the live-action/puppetry series at #17-Across: 3 wds.
25. Positive
27. Sugary suffix
29. Jams containers
30. Water, in Seville
31. Bespoke
32. Prepare to pray
33. Giver
35. Go up _ _ (Step higher on the ladder)
39. Jethro _ (British rock band)
40. WWI fighter plane
43. '70s Spanish hit: "_ Tu"
46. '_' _ for Edmonton
51. Lion's retreat
52. Roses attraction
53. Swift
55. Loon-like bird
58. _ pads (Hockey gear)
60. Mine entrance
62. Welcoming
63. Ms. Campbell
64. Old road of Rome
65. "It should come _ _ surprise that..."
68. Dernier _ (Latest fashion)
69. Newspaper notices [abbr.]

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Because you are high-viz in the eyes of parents, bosses and VIPs right now, ask for what you want. It will be easier than you think to get people in power to say "yes" to your wishes.

Taurus April 21 - May 21
Explore opportunities to travel and get further education, because this is what will expand your world. Expanding your world is what you need to do this month.

Gemini May 22 - June 21
It's only natural that your focus is on shared property, inheritances, insurance issues and debt at this time. You have good ideas about these areas.

Cancer June 22 - July 23
You might have some unexpected insight into your closest relationships with others at this time. In fact, you can learn a lot about your own style of relating if you are aware.

Leo July 24 - Aug. 23
You're willing to work hard now, because you're setting high standards for yourself. No slackers allowed! You want efficiency, effectiveness and productivity.

Virgo Aug. 24 - Sept. 23
You're in touch with your creative vibes now, which is why you will enjoy exploring this energy. Meanwhile, sports events and playful times with children will appeal.

Libra Sept. 24 - Oct. 23
Your conversations with a parent could be significant now, because there are changes that you are planning at home. You don't like to be caught off guard. You want to know what you're doing.

Scorpio Oct. 24 - Nov. 22
You want to be stimulated by short trips and conversations with others. You're full of ideas and you want to share them; plus, you want to hear what others think.

Sagittarius Nov. 23 - Dec. 21
Cash flow and your assets are a concern right now. When you're making big plans, power is money. The question is, how much power do you have?

Capricorn Dec. 22 - Jan. 20
You are blessed now because the Sun is in your sign, boosting your energy and bringing opportunities and important people to you. Use this blessing wisely.

Aquarius Jan. 21 - Feb. 19
It behooves you to work alone or behind the scenes right now. You also might want to plan what you want your new year to be all about.

Pisces
Feb. 20 - March 20
Friendships are important to you now. Your interaction with someone younger might help you make some future goals.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			4	5	1	6	8	
					8			4
		3			7			2
6				4		3	7	9
9			2		3			5
3	5	1		7				6
1			5			4		
2			7					
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1	9	8	6	4	7	2	5	3
7	3	2	1	8	5	6	9	4
6	4	5	3	2	9	7	1	8
3	7	1	4	6	8	5	2	9
9	8	4	7	5	2	3	6	1
5	2	6	9	3	1	8	4	7
4	1	3	5	7	6	9	8	2
2	5	9	8	1	3	4	7	6
8	6	7	2	9	4	1	3	5

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